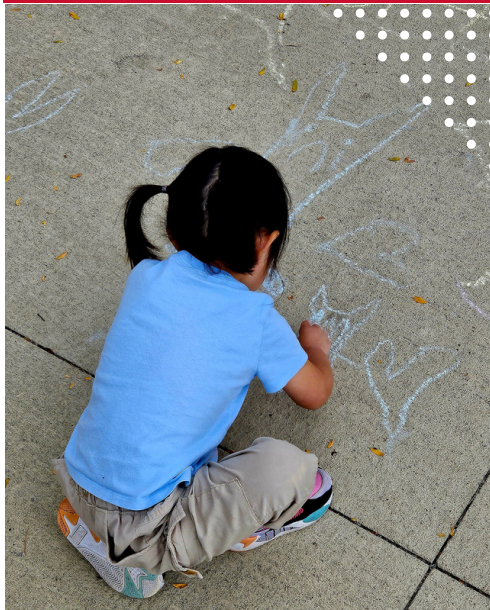


SPRING 2024

# CYCLONE PARENTING STUDENT NETWORK NEWSLETTER



Family Resource Center

## ABOUT US

The office of Child Care and Family Services empowers parenting students to achieve their academic and professional goals by administering child care tuition assistance, providing family support programs, and building access to high-quality early childhood education.

The Cyclone Parenting Student Network (CPSN) newsletter is sent quarterly. Each issue includes a wealth of information, insights, and resources tailored to the needs and interests of parenting students.


Balancing the demands of college life while raising a family can be both rewarding and challenging. That's why we've created this newsletter— to serve as an aid for seamlessly integrating the worlds of academia and parenthood. Our goal is simple: to make your experience as a parenting college student as smooth and enriching as possible. We believe that by fostering a strong community, we can share experiences, offer support, and celebrate the unique journey of being a college student and a parent!

Thank you for embarking on this journey with us. We look forward to accompanying you every step of the way!

Cris and Keri

## CONTACT

 [ccfamily@iastate.edu](mailto:ccfamily@iastate.edu)

 515-294-3149

## RESOURCES

 [@ Office of Child Care & Family Services at Iowa State University](#)

 [childcare.hr.iastate.edu](http://childcare.hr.iastate.edu)

## IN THIS ISSUE

Parenting Student Survey

Workshops and Events

Campus Resources for Parenting Students

Undergraduate CAP Scholarships

Dates to Know

CyCash Update

# PARENTING STUDENT SURVEY

The office of Child Care and Family Services is conducting a survey to learn more about the experiences and perspectives of our pregnant and parenting students. We want your feedback and suggestions on how we can better serve you!

**All current undergraduate, graduate, and professional students who are pregnant, parents, and/or guardians of dependent children are invited to complete this important survey, which should take approximately 10 minutes. Participation in this survey is voluntary and responses will be kept anonymous and confidential. Individuals who complete the survey have the option to enter a drawing for one of ten \$50 gift cards.**

To ensure anonymity of survey responses, there is a link at the end of the survey that will redirect you to a separate form where you can enter your contact information for the gift card drawing. If you have any questions, please email us. Thank you in advance for your participation and feedback!



[Take the survey](#)

## WORKSHOPS AND EVENTS

### Virtual Parent Cafe

**When:**

Tuesday, March 26 from 6-7:30 p.m.

[Register Now](#)

Join parent educators from Lutheran Services in Iowa (LSI) and the ISU Office of Child Care and Family Services for a virtual Parent Café. This session will focus on social-emotional competence in children, communication, and how to deal with everything from tantrums to tears.

### The Science of Parenting: Understanding Temperament

**When:**

Wednesday, April 3, 2024 | 6-7:15 p.m.

[Register Now](#)

Every child is unique, and their individual temperament is one of the biggest reasons why! This workshop will introduce you to the individual temperament traits and offer an opportunity to explore how your child's temperament can impact their feelings and behaviors.

### Save the Date: Spring Picnic

**When:**

Wednesday, May 1 | 5:30-7 p.m.

[Get Notified](#)

Celebrate the end of spring semester with a FREE dinner and activities at Ames Miracle Playground (Inis Grove Park). This event is open to all current parenting ISU students and their families. Click the link to get notified when registration opens in April.

# CAMPUS RESOURCES FOR PARENTING STUDENTS

## Family Friendly Library Space

The Family Friendly Library Space is a private, child-friendly space located on the lower level of the library. You can reserve the room for up to four hours a day.

Parenting students can utilize the two adult workstations (includes two monitors, a black and white printer, a whiteboard, and markers) while their children learn and play nearby with toys and computers equipped with educational software.

- [Reserve the Library Space](#)



Outside of the Family-Friendly Room

## The Science of Parenting

The ISU Extension and Outreach Science of Parenting program aims to share research and information with parents to help them make informed decisions for their families. The program provides resources on:

- Toddler meltdowns
- Child development information
- Guidance and discipline
- Teaching kids about money
- And more!

Check out the Science of Parenting programming, podcast, and blog at the link below.

- [Science of Parenting Website](#)



## Summer Camps and Activities

It's not too early to start thinking about summer camps! The Office of Child Care and Family Services will keep the following page updated as we learn more about offerings in the community.

- [Child Care and Family Services Website](#)

The Ames Public Library is hosting a community event for families to learn more about summer camps, programs, and activities available in the area on Saturday, March 2 from 10 a.m.- 1 p.m. at the Ames Public Library.

- [Ames Public Library Summer Camp Fair](#)



# UNDERGRADUATE CAP SCHOLARSHIPS

2023-2024 ACADEMIC YEAR

The [CAP \(Childcare Assistance Program\) Scholarship](#) is funded by the Office of Student Financial Aid and administered by Child Care and Family Services. Scholarships are awarded by semester to reimburse the out-of-pocket costs for child care services.

The CAP-U scholarship is awarded to U.S. citizens or permanent residents currently enrolled in degree seeking coursework as an undergraduate student. Applications demonstrating highest financial need receive priority.

Evaluation criteria includes credit load, tuition costs, family size, age of child, and other child care financial assistance being received.

**Applications are being accepted for undergraduate students (CAP-U).**

The application window for the 2023-2024 academic year is open until May 1, 2024.

[Apply Now](#)

## DATES TO KNOW

### Academic Calendar

#### Spring Semester 2024

Spring break | March 11-15

Final exams | May 6-May 9

Spring semester ends | May 10

Final grades due | May 14

#### Commencement Ceremonies

Grad College | May 9, 7 p.m.

Vet Med | May 10, 1 p.m.

AGLS and BUS | May 11, 9 a.m.

DESIGN and ENGR | May 11, 2 p.m.

H SCI and LAS | May 11, 7 p.m.



## CYCASH UPDATE

**CyCash is going away effective May 10, 2024.**

If you utilize CyCash via your ISU ID card, please make note that existing balances must be used by May 10, 2024. Once the system is deactivated, all unused funds will no longer be eligible for refunds.

To check your balance:

- Log into AccessPlus
- Click on the Student Tab
- Select CyCash
- Select Get Balance

For questions about CyCash, please contact the ISU Card Office at 515-294-2727 or [idcard@iastate.edu](mailto:idcard@iastate.edu).

Visit the [Department of Residence \(Laundry\)](#) and [ISU Dining](#) webpages for information on alternate payment options.